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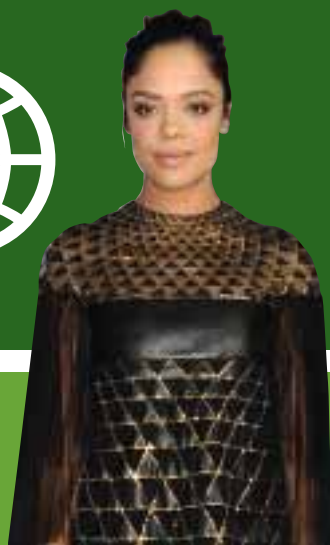
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TESSA THOMPSON HEARTS PHILLY

The 'Creed' actress says the city treats Rocky like he was real. 10

Buddy the Elf gets his NYC theater debut. 13

It's put-up or shut-up time for Giants. 16

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WORLD AIDS DAY

Annie Lennox speaks about World
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OBAMA TO MEET ERDOGAN

1 President Barack Obama will meet Turkish President Tayyip Erdogan on Tuesday at the international climate talks in Paris, the White House said on Monday. Obama earlier on Monday met with Russian President Vladimir Putin as Ankara and Moscow remain locked in a dispute over the downing of a Russian jet last week. **REUTERS**



BOND SET AT \$1.5 MILLION

2 A judge on Monday set a \$1.5 million bond for a white Chicago police officer charged with murder after a patrol car's dashboard camera video showed him shooting a black teenager 16 times. Officer Jason Van Dyke, who appeared in shackles, must post 10 percent of the total amount. The police union president said after the hearing that union members can help Van Dyke's family meet the amount. Last week Van Dyke was denied bail and prosecutors had asked that ruling to stand. **REUTERS**

TIGHTER VISA WAIVER

3 The White House announced a series of changes to the U.S. visa waiver program to add more screening for travelers from 38 countries around the world allowed to enter the United States without visas. The accelerated changes were prompted by the attacks in Paris, which have heightened security concerns among Americans. **REUTERS**



7
THINGS YOU
NEED TO KNOW

UNICEF KID POWER

7 Grammy award winner Pink celebrates the nationwide launch of UNICEF Kid Power by exercising with NYC school children at PS 242 in Harlem on Monday.

ALL PHOTOS BY GETTY IMAGES

OKLAHOMA STORMS

4 Gov. Mary Fallin has declared a state of emergency in Oklahoma after storms over the weekend caused floods, coated roads with ice and left about 60,000 customers without power on Monday. The declaration covers all 77 counties, remains in effect for 30 days. **REUTERS**



NYC/NJ TUNNEL FUNDING

5 Private money is expected to fund part of a \$20 billion rail tunnel project linking New Jersey with Manhattan, according to a senior executive at the national rail network Amtrak. Amtrak's plan to build a new two-track tunnel under the Hudson River and revamp its rail infrastructure in the region got a boost earlier this month when the federal government agreed to foot half of the bill. New Jersey and New York are on the hook for the rest, but financial hurdles both states face suggest they could try to tap the plan's private funding. **REUTERS**

HIGH SODIUM WARNINGS

6 NYC's sodium warning requirement goes into effect on Tuesday at food establishments that are part of chains with 15 or more locations nationwide. Those eateries will need to post icons next to items with 2,300 milligrams or more of sodium — the total recommended daily limit. **CRISTABELLE TUMOLA**



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\$200M for HIV/AIDS prevention

On the eve of World AIDS Day, Gov. Cuomo announced new money for the prevention of the disease.



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New York State will commit a new \$200 million towards HIV/AIDS reduction efforts as part of a plan to eradicate the disease.

Gov. Andrew Cuomo announced on the eve of World AIDS Day that the state would add the amount to its standing \$2.5 billion investment in a program to "end AIDS by 2020."

That program includes work to expand availability of affordable housing options and services for New Yorkers living with HIV, make life insurance available for those battling the disease aged between 30 and 60 years and increase funding for STD



Today is World AIDS Day. GETTY IMAGES

clinics in New York City.

Earlier this year, New York City's Department of Health announced it would cut funding to city-run clinics, closing a popular site in Chelsea in March.

Cuomo's plan to end AIDS by 2020, however, requires City Hall to throw in \$10 million, but

DNAinfo reported in June that Mayor Bill de Blasio's office had not yet seen details of the governor's proposal.

Both the city and the state have invested heavily in work surrounding pre-exposure prophylaxis, or PrEP, medication designed to reduce the infection risk of HIV-negative

New Yorkers.

More than 202,000 New Yorkers have been diagnosed with AIDS, according to the state Health Department, and more than 112,000 individuals are currently living with an HIV/AIDS diagnosis.

The state Health Department noted there have been zero reports

of HIV/AIDS infections passed from mother to child in the last 12 months, and that estimates of New Yorkers living with HIV dropped by 20,000 with new tracking methods.

"New York was once the epicenter of the AIDS crisis — but now we are showing the nation how to fight back and make this epidemic a thing of the past," Cuomo said in a statement.

Advocates came out in support of the governor's latest investment, including the AIDS Service Center NYC (ASCNYC).

"As ASCNYC and millions of New Yorkers observe another World AIDS Day, this tremendous show of support by Gov. Cuomo gives us hope

"We are showing the nation how to fight back and make this epidemic a thing of the past."

Cuomo

for an end to new cases of HIV infection and better treatment and care for those who are living with HIV," said Sharen Duke, ASCNYC's executive director.

Cuomo is expected to join a coalition of advocates and activists gathered to recognize World AIDS Day on Tuesday morning at Harlem's Apollo Theater. That's the spot where he originally announced his plan last year.

Local organizations also plan to gather for a candlelight vigil at Trinity Lutheran Church of Manhattan on West 100th Street and Amsterdam at 6 p.m., followed by a reading of names of those lost to AIDS at the Church of St. Paul and St. Andrew on 86th Street at 6:30 p.m.

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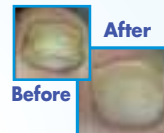
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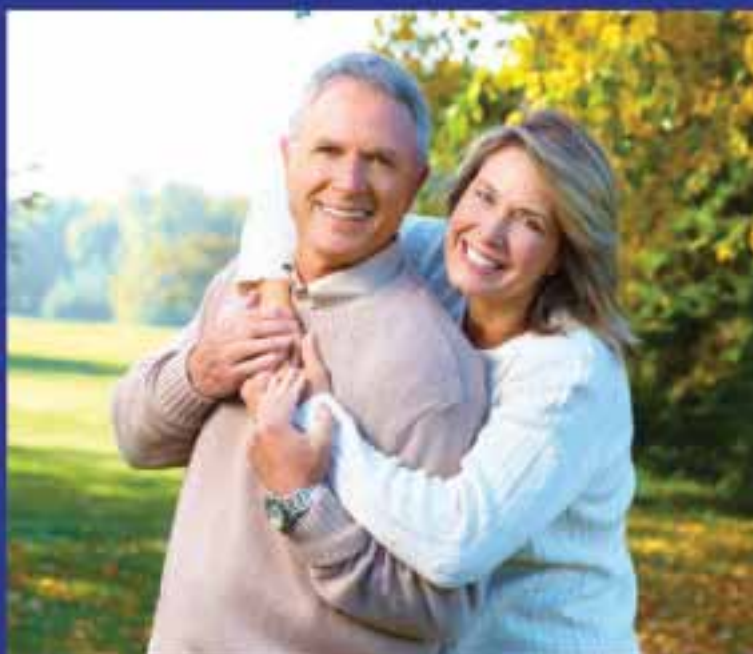
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TODAY!

North Brooklyn residents mobilize against waste station

Forty percent of the city's waste is handled in northern Brooklyn.



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The stench coming from the waste transfer station near Luis Velasquez's home in North Brooklyn was so strong, he went the extra mile to avoid it.

"I took an extra stop on the train to just avoid the smell," he said. "My neighbors don't open their windows."

Velasquez, 20, said he grew up in the neighborhood, just two blocks away from the trash depot at 115 Thames St. in East Williamsburg.

"I remember being a little kid and holding my

breath whenever I'd walk to school," he added. "But we'd still breathe it in every day."

On Monday, Velasquez joined a small but vocal group of residents in a neighborhood restaurant demanding that City Hall address the 16 waste stations in North Brooklyn that receive an estimated 40 percent of the city's waste. The city collects about 3.8 million tons of trash annually, while private companies do 4 million tons annually, according to the Citizens Budget Commission.

Cleanup North Brooklyn is the latest organiza-

"We want to get something done, but we need to get something done that makes sense."

Reynoso

tion rallying around the cause of fair distribution of waste across the city.

The group's big ask? To shut down the Thames Street

waste station, operated by the Brooklyn Transfer LLC, which did not respond to Metro's request for comment.

Organizer Jet Toomer of the New York City Environmental Justice Alliance said the group helps both new and longtime residents coalesce on at least one issue.

"What has been invaluable is how people newer to the community understand the long-term disproportionate burden on lower-income communities of color," Toomer said.

Last year, a report by the New York Academy of Medicine on the borough's health trends found the areas of Brooklyn with the highest rate of hospitalizations for respiratory problems in north and central Brooklyn.

The alliance has worked with both Cleanup North Brooklyn as well as longtime activists at the Organization United for Trash Reduction & Garbage Equity — or OUTRAGE.

Beyond just the environmental impact,



Garbage transfer facility on Thames Street in Bushwick. BESS ADLER

OUTRAGE and its allies have long expressed concerns over trucks as they drive through small, residential streets near schools only to park and idle in long lines waiting to dump the trash on site.

The chorus of locals upset over the amount of trucks and trash that come into the neighborhood also wants City Hall to act on a bill introduced into the City Council more than a year ago.

The bill, a variation of proposals laid out by council members since at least 2011, would spread out the waste burden in each district, decreasing the amount of trash coming

into current waste hubs North Brooklyn, South Bronx and southeastern Queens.

"We want to get something done, but we need to get something done that makes sense," said Councilman Antonio Reynoso, who represents the district that includes the Thames Street station.

Key among the concerns, Reynoso said, was getting the Sanitation Department under Mayor Bill de Blasio to change its habits.

City Hall did not immediately respond to Metro's request for comment.

"The department is — for the lack of a bet-

ter word — old school," Reynoso told Metro New York. "They do it that way very well, but in doing so there's little regard for equity."

Reynoso said he was confident that the bill, which currently has 27 sponsors in the council, would be close to done and voted on by next summer.

Toomer of the Environmental Justice Alliance said residents have been dealing with the issue for decades — and understand change won't come overnight.

"It's about steadily building momentum," Toomer said. "They're in it for the long haul."

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Metro Magic

Please donate to the Metro Magic annual holiday toy drive during the 2015 holiday season.

In keeping with the holiday spirit of giving, Metro is once again launching Tony's Metro Magic, our annual toy drive for underprivileged children in Boston, New York and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor-in-chief. Metcalf passed away in 2013 from colon cancer at age 50.

Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive. We are now asking readers to contribute what they can to Tony's Metro Magic.

Metro has created a wish list at the Target website that readers can access by going to www.metro.us and clicking on the Tony's Metro Magic logo. **METRO**

Silver convicted on all counts

Former Assembly speaker loses his seat and faces more than 100 years in prison.

Sheldon Silver, one of New York's most powerful politicians for two decades, was convicted Monday of abusing his office to collect as much as \$4 million in illegal bribes and kickbacks.

A federal jury in Manhattan found Silver, 71, guilty on all seven counts he faced following a three-week trial, including fraud, extortion and money-laundering.

The verdict caps a stunning fall for Silver. As state Assembly speaker, he enjoyed immense political influence before his arrest in January.

Together with the governor and the state Senate majority leader, he was one of the so-called "three men in a room" who control virtually all legislation under New York's govern-



Sheldon Silver GETTY IMAGES

nance system.

The conviction comes as Silver's former counterpart in the Senate, former Majority Leader Dean Skelos, faces his own corruption trial in the same federal court.

Both men resigned their leadership posts

after their arrests, but continue to work as lawmakers representing Manhattan's East Side and Long Island, respectively. Silver will automatically lose his seat as a result of his conviction.

The verdict also represents a major victory

for Preet Bharara, the U.S. attorney in Manhattan. His office brought both the Silver and Skelos cases amid a broader probe into corruption in the state capital of Albany.

"Today, Sheldon Silver got justice, and at long last, so did the people of New York,"

Bharara, who was in court to hear the verdict, said in a statement.

One of Silver's defense lawyers, Steven Molo, said, "We're obviously disappointed in the verdict, and we intend to file vigorous post-trial motions to set it aside."

The Silver and Skelos cases are the highest-profile in a string of prosecutions and ethics scandals that have forced dozens of state lawmakers from office in recent years.

Prosecutors said Silver traded \$500,000 in secret state grant money to a cancer researcher, Robert

Taub, who in turn referred his asbestos patients to Silver's law firm. The firm then paid Silver millions of dollars in referral fees and settlement proceeds.

Silver was also charged with steering developers to another law firm in exchange for kickbacks and then working to weaken rent control legislation to benefit the developers, all while hiding his profits from public disclosure.

Silver's lawyers had accused Bharara of overreaching, taking the deal-making and favor-trading that comprises politics as usual in Albany and trying to twist it into criminal behavior. **REUTERS**

"Today, Sheldon Silver got justice, and at long last, so did the people of New York."

Bharara

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Cyber Monday sales jump, but traffic leads to website outages

U.S. online sales grew 14 percent on Cyber Monday, on track to set a record and leading some retail websites, like Target's, to crash temporarily due to high customer traffic.

Website outages and slow checkouts during the five-day shopping spree starting on Thanksgiving were also reported at PayPal, department store chain Neiman Marcus, Wal-Mart Stores, L Brands Inc.'s Victoria Secret and at Foot Locker.

Sales on Cyber Monday, the busiest day of the year for Internet shopping, were up 14 percent from a year earlier at \$490 million between midnight to 10 a.m. ET, according to Adobe Digital Index, part of Adobe Systems Inc, which provides digital marketing and media solutions to merchants. Adobe tracked 80



Cyber Monday advertising on Best Buy's website. **BEST BUY**

percent of all online transactions from the top 100 U.S. retailers and said sales are on track to meet its expectation of a record \$3 billion by the end of the day.

The data underscored the ongoing shift in shopping to online retailers.

To compete with each other and Amazon.com, most U.S. retailers like Wal-Mart, Target and Best Buy began offering some of the season's best online deals several weeks

in advance of Cyber Monday, which previously had been the traditional day for such sales.

The early, aggressive moves hurt spending and customer traffic at stores during Thanksgiving evening and Black Friday.

"Consumers are hyped for Cyber Monday, with social buzz more positive than what we saw on Black Friday, but they need to brace themselves for the highest out-of-stock rates of the season

so far," said Tamara Gaffney, principal analyst at Adobe Digital Index.

Adobe said 15 out of 100 product views were returning an out-of-stock message this morning, two-and-a-half times the normal rate.

Between Thanksgiving Day and Sunday, \$8.03 billion was spent online, a 17 percent increase from 2014, Adobe said. The average shopper spent \$135.25, up 4 percent from a year ago. **REUTERS**

BRIEF

With climate at 'breaking point,' leaders urge breakthrough in Paris

World leaders launched an ambitious attempt on Monday to hold back rising temperatures. The U.S. and China led calls for the climate summit in Paris to mark a decisive turn in the fight against global warming.

In a series of opening addresses to the U.N. talks, heads of state and government exhorted each other to find common cause. Two weeks of bargaining is designed to steer the global economy away from its dependence on fossil fuels.

French President Francois Hollande said the world was at a "breaking point."

The leaders arrived in Paris with high expectations and armed with promises to act.

After decades of struggling negotiations and the failure of a summit in Copenhagen six years ago, some form of agreement — likely to be the strongest global climate pact yet — appears all but assured by mid-December.

President Barack Obama, one of the first leaders to speak at the conference, said: "What should give us hope that this is a turning point, that this is the moment we finally determined we would save our planet, is the fact that our nations share a sense of urgency about this challenge and a growing realization that it is within our power to do something about it."

The leaders gathered in a vast conference center at Le Bourget airfield. In all, 195 countries are part of the unwieldy negotiating process. **REUTERS**



British Prime Minister David Cameron speaks at the World Climate Change Conference. **GETTY IMAGES**

Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

If you suffer with painful shoulder arthritis — science may have finally found the answer you've been looking for.

Here is why: Researchers have discovered a natural gel like medicine that is like "joint oil." This all-natural gel is one of the naturally occurring lubricating substances in your shoulder joint that cushions and lubricates the joint which dries out over time due to wear-and-tear, age or injury. But when doctors precisely place this lubricating gel into your shoulder joint by using advanced digital imaging technology — it is like putting oil on a rusty door hinge. It lubricates the joint and can decrease pain and stiffness. For some, results can be dramatic and last for months. Years for some. Often times shoulder surgery can be avoided.

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Bob Saget was not invited to the Olsen twin wedding

Are you bummed that you didn't score an invitation to Mary-Kate Olsen's swanky Manhattan wedding to Oliver Sarkozy this weekend? Well, at least you're in good company. "Full House" co-star Bob Saget didn't get to attend either. "I was not invited, but I'm very happy and I sent a Mazeltov text," Saget tells the "Today" show. "I hope they're happy." So what did you and Saget miss out on? In appropriately French fashion, the reception reportedly featured "bowls and bowls filled with cigarettes, and everyone smoked the whole night," according to Page Six. Sounds ... less than delightful.



ALL PHOTOS GETTY IMAGES

the word

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Katie Holmes tries, fails to appear just like us



Katie Holmes does a terrible job of trying to come off as a relatable New Yorker in her new Ocean Drive magazine profile, and it's kind of amazing. "I'm a normal person and I do walk around," she insists. "If you're having a bad day, you just take a walk, and it's not only that you see people who are having a worse

day than you, it's just that you're in life. You suddenly can't be stuck in whatever problem you're in because you have to hail a cab or you have to get a subway ticket. There's more than just you, and I think the harsh winters give you a little bit of character." OK, where to begin? How about with the whole making yourself feel better by seeing people worse off than you? That's bold. Also, subway ticket? Not that I believed she actually took the subway, but still.

Joe Jonas isn't taking his ex's new relationship well



activities are any indication. (And I guess we now live in a world where they could be.) Just as Hadid's new romance was starting to heat up, Jonas went and unfollowed her on Instagram — which, to be fair, makes sense. But he also unfollowed Malik, probably because the former One Direction member is likely to start posting photos of Hadid now that they've reached the hand-holding-in-public stage of their relationship. And then — and then! — Jonas also deleted a photo from Twitter taken back in June of him with Malik and Kanye West hashtagged "squad." He really seems upset.

Should we be worried about Joe Jonas? He's apparently not taking the news of ex-

girlfriend Gigi Hadid hooking up with Zayn Malik very well — at least if his social media



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To Philadelphia with love

"Creed" star Tessa Thompson talks about how the city defined her character.



MATT PRIGGE
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In "Creed," Tessa Thompson's Bianca is not just the girlfriend. She's a musician who falls for Michael B. Jordan's aspiring boxer Adonis as he trains with his dad's old-foe-turned-bud Rocky Balboa (Sylvester Stallone). Bianca has her own thing going on — her own life, her own ambitions. And the actress — from "Veronica Mars," "Selma" and "Dear White People," in which she played serious-sarcastic activist Sam — was given a lot of agency, including co-writing the electronic music Bianca plays.

You got to spend some time in Philadelphia before the shoot to learn about Bianca. How did the city help inform her? She's this patchwork of a lot of different areas and parts of Philadelphia. It meant I got to know the city in a very specific way. I was looking for points of reference. I was looking for somebody who felt like Bianca or would have been her friend. **This is the biggest movie**



Tessa Thompson's Bianca mingles with Michael B. Jordan's Adonis in "Creed," though she's no typical love interest. WARNER BROS. PICTURES

you've done, but I get the impression it was very handmade and close-knit.

It was super close-knit. When you think of big studio movies you think of 15 people in suits and lots of people coming in. It wasn't like that. If you were in a scene, this was [director] Ryan Coogler [she gets up and crouches behind the hotel sofa]. He's here, with his tiny monitor. He was never where all the madness is and all the suits. He's right here, next to you, and you'll finish a take and he'll pop up and be like, "Hey, so, when you said that

word it didn't feel like you liked it that much. How would you say it?" He was making the next Ryan Coogler movie, not the next "Rocky" movie.

At the same time you are, sort of, making the next "Rocky" movie, and in Philadelphia, where they're huge.

I remember one of our first fight sequences. There were maybe 600 background people. And Sly is in the ring, just stretching. The audience immediately goes, "Rocky! Rocky!" And then suddenly 600 people stood up, chanting, "Rocky!" It was the first

moment I was like, "Oh my gosh, we're making this movie." I had almost forgotten that, because I was just busy making the next Ryan Coogler movie called "Creed."

It's basically impossible to escape Rocky when you're in Philadelphia.

I know. I spent my first two weeks in a hotel before I got to my place. I was like, "I'm not going to think of it as a "Rocky" movie. We're trying to make something fresh, so let's approach it with freshness." I moved into my apartment and literally next door is a Philadel-

phia souvenir shop and the whole storefront is Rocky. There are Rocky bobbleheads. Every day as I leave for work, I'm like, "Hey, Rocky!" It was inescapable. And when we'd walk down the street with Sly, I swear they thought it was a documentary. They were like, "Yo, Rocky! You forget about us?" It means so much. They're so invested in these stories.

The future

Here and in "Dear White People" your characters are shown to have all these different sides, all these interests and influences.

That's very quickly becoming the norm, culturally. But it's not necessarily being reflected in media. You don't see many characters who are coming from different points of view, that blur the lines of gender or race or what have you. It's exciting to create characters like that. It's so cool to have young people come up to me and say they relate to that, that they got to see parts of themselves on screen.



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10 YEARS

Idris Elba, fashion designer

The duo behind Superdry talks celeb collaborations and not being trendy.

RICHARD PECKETT
Metro World News
letters@metro.us

British brand Superdry has enough design detail to not look like you've shopped in a hurry, without the wackiness or price point of high-end fashion. Everyone from cash-strapped students to David Beckham is buying it.

The label's headquarters is not in an east London fashion epicenter but rather a less than salubrious industrial estate in Cheltenham, a town 90 miles northwest of the capital. Julian Dunkerton, who set up Superdry in 2003, and brand and design director James Holder prefer, in their words, "to look from the outside in" rather than

design for a globally irrelevant hipster bubble. The tactic is working, with the duo rattling off 6,000 products a year to shops from London and Paris to New York and Bogota.

Superdry teamed up with actor and DJ Idris Elba to create a 250-piece premium collection, now available, made up of staples like a leather racer jacket, Henley tops, slim chinos, IE-branded hoodies and crew neck knitwear, all in subdued darker tones. It's got the 43-year-old "The Wire" star's signature all over it — and that's not because the brand has slapped his name and face on it, but because

he was very much involved with every piece.

You had huge success years ago after David Beckham wore one of your T-shirts, so why didn't you capitalize on the buzz with a celebrity collaboration before? Julian Dunkerton: It



didn't make sense. Who are you going to do it with? This only makes sense because

Idris loves Superdry, he's the coolest bloke on the planet, and he wanted to do it. We've become friends, and hopefully this will be a long relationship where we build a premium range with him.

This isn't an H&M-style one-off?

JD: No, no, no. Us and Idris — this is going to be a permanent part of our brand. It's a totally different deal.

James Holder: Obviously, we have hundreds of people and brands coming to us — we're very sexy people to work with. [Dunkerton laughs] Let me rephrase that: We're a very sexy brand to work with.

Were you hoping that by working with Idris — a staple of men's magazines — you'd improve your credibility with the fashion press?

JH: We're not trying to satisfy the fashion press. It's all about the customer feeling amazing in our product. As a provincial brand, we don't tick all the traditional boxes, but what we have got is the best product on the planet. You won't find two guys who love clothing more than we do. We don't obsess about trend; we're not playing the game.



Idris Elba SUPERDRY

Elba on Idris Elba + Superdry

How it came about

"I had a relationship with them where they sent me clothes, and I liked them and wore them, and I kept wearing them. I met Julian and James, and I said, 'You guys are cool people. We're both British. We have a lot of things in common, and we have a very specific audience.' They don't usually do celebrity endorsements, and I don't usually do

fashion endorsements."

Why it works

"Superdry makes affordable clothes, so I didn't want to come in with a premium line that was hard to sell to a customer that doesn't exist. ... I kept their functionality and practicality and put on this premium design on top of that. And as soon as this is over, we're thinking of spring."

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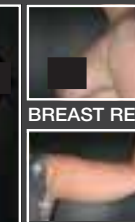
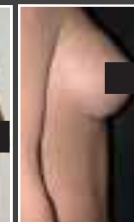
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Soy-Ginger Beef and Broccoli with Rice Noodles

Marley Spoon uses mirin—sweet rice wine—and the juice from one orange to balance a flavorful tamari sauce. The trick to making this sauce is letting it reduce just a few minutes over high heat until it thickens and beautifully coats tender beef. Broccoli florets are perfect for catching all that flavor. Cook, relax and enjoy!

Cooking time: 25 minutes
Attributes: beef (gluten-free, lactose-free)
Calories: 720 kcal/person
Allergens: soy

What we send

- 4 oz mai fun rice stick noodles
- ½ oz fresh ginger
- 2 garlic cloves (0.4 oz)
- 8 oz broccoli crowns
- 4 scallions (2 oz total)
- 1 orange (7-10 oz)
- 10 oz flat iron steak
- ¼ cup tamari (2 oz)
- 2 Tbsp mirin (1 oz)
- coarse salt

What you need

- Neutral oil, such as vegetable or safflower
- sugar

Equipment

- large pot
- strainer
- large skillet

Directions:

1 Cook noodles

Bring a large pot of salted water to a boil. Place noodles in a bowl and cover with 4 cups of boiling water. Let soak 10 minutes. Drain. Reserve pot of hot water.

2 Prep vegetables

Meanwhile, peel and finely slice ginger. Cut slices into thin matchsticks. Peel and finely chop garlic. Cut broccoli into thin florets. Cut root ends from scallions, then cut crosswise into 2-3-inch pieces (cut any thick pieces in half lengthwise). Juice orange.

3 Cut steak

Slice steak thinly crosswise.

4 Cook aromatics

Heat 2 tablespoons oil in a large skillet over medium-high. Sauté garlic and ginger until golden, about 1 minute.

5 Cook beef

Increase heat to high. Add beef in a single layer then add broccoli and scallions. Cook without stirring, about 2 minutes. Stir, then continue cooking until beef is seared, about 1½ minutes more.

6 Finish

Stir in tamari, orange juice, mirin and a pinch of sugar. Let boil until reduced and meat is glazed, about 3-5 minutes. Bring hot water back to a boil and add noodles. Boil 2 minutes then drain and toss with 1 tablespoon oil. Divide noodles among plates and top with beef, broccoli and sauce. Enjoy!

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'Elf' goes from the silver screen to the stage

The adaptation of the popular Will Ferrell movie brings Buddy's journey from the North Pole to Madison Square Garden, with a few songs along the way.

AMANDA VALENTOVIC
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Everyone knows that the best way to spread Christmas cheer is "singing loud for all to hear," and that's exactly what Eric Petersen will be doing this holiday season as Buddy the Elf in "Elf: The Musical."

Stepping in Buddy's shoes

Petersen says that it can be hard to bring such a popular character to life. "There's always some pressure when you're dealing with source material that people know," he says. "But it's fun to start a show and know from the very beginning that the audience is already going to really like my character." Petersen wants audi-

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ence members to leave the show engaged in Buddy's all-time favorite activity: smiling. "For a lot of people, 'Elf' became their family holiday movie. So I think it's fun living up to people's expectations," he says.

Putting it to music

"Elf" was brought to Broadway in 2009 and



ALL PHOTOS PROVIDED

in 2014 NBC produced an animated musical special, which is where many of the songs in the show come from. "The songs are very well-placed," says Petersen. "They're really snappy and they kind of all feel like classic Broadway in that they're great toe-tapping kind of songs." If you saw the original show or the animated special, some of the music might sound familiar.

ment about Christmas. There's no age limit in terms of who can enjoy the show. "There are jokes for everybody and every

age level," Petersen says. "There's jokes that some adults might be like, 'That was childish,' but the kids will love. And then there's jokes that

go over the kids' heads that the adults love ... I know people say all the time 'this is great for the whole family.' But this show really is."



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World AIDS Day: 'The battle continues'

Singer and activist Annie Lennox tells us about keeping the disease in the spotlight.



ELODIE NOEL
Metro World News
letters@metro.us

Annie Lennox knows how celebrity controversy can act as currency in competing for media attention and public support. In 2010, she caused a stir by wearing a T-shirt printed with the words "HIV positive" on television. That led to debate about her own health status (she said she's not HIV-positive but millions are) and the continuing prevalence of the virus. It's once again a shocking A-list reveal — actor Charlie Sheen's disclosure of being HIV-positive — that has brought the epidemic back into the spotlight. Lennox isn't interested in

the gossip-fueled media circus surrounding Sheen, but she is passionate about improving public awareness, life-saving treatment and testing.

In support of World AIDS Day, the Scottish singer tells us about her role in continuing to educate about the disease.

Why did you become an HIV/AIDS activist?

I was invited to be part of the launch of Nelson Mandela's HIV/AIDS foundation in 2003. He organized a special concert and invited lots of great artists. The very next day, Mandela held a global news conference, and he told the world that at that time, HIV/AIDS was a pandemic that was affecting the people of his country on a genocidal scale. That was a wakeup call for me, as both a woman and a mother. I didn't really understand how it could be that so few people seemed to

know about the scale of what was happening.

Does it take a controversial statement to spark debate?

Nowadays, every issue is competing with some other issue to gain attention in the media. Sometimes, something controversial — for example, a well-known Hollywood actor disclosing his status as HIV positive — can create dialogue. Without dialogue, the issue just goes away to the back page when, actually, it hasn't gone away.

Speaking of Charlie Sheen, would you like to see more celebrities openly divulging their health status?

We live in a time when celebrities are viewed as currency. It's a strange currency because this particular individual probably didn't want that disclosure; it came in a forced way. Magic

Books I Have Loved

Annie Lennox is holding a special online auction, Books I Have Loved, to raise funds for women and children affected by HIV/AIDS. The auction, which begins today and goes through Dec. 8, includes 10 books handpicked by Lennox with written reflections, which will be further personalized with handwritten messages for the winners. For more details, visit www.annielennox.com

Johnson had the courage to step out years ago — that is always an excellent thing. In this actor's case, if he didn't do that on purpose, I don't think that's appropriate. I would hope it's done through one's choice, and I also like to think that they would advocate healthy and responsible behavior.

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ELODIE NOËL
Metro World News
letters@metro.us

The human brain is a marvel of evolution, but in matters of the gut, it's taking cues from a much more lowly source.

When we eat, what we're really doing is feeding the microbes in our digestive system. They in turn signal the brain when they've had

enough to tell it we're full, according to a new study out of the University of Rouen in France.

"We now think bacteria physiologically participate in appetite regulation immediately after nutrient provision by multiplying and stimulating the release of satiety hormones from the gut," says lead researcher Dr. Serguei Fetissov.

The study, published in the journal *Cell Metabolism*, focused on *Escherichia coli* (E. coli), normally present in the

guts of mammals and birds. Although some strains of E. coli can be harmful, they also keep out other kinds of harmful bacteria.

Fetissov and his team found that after E. coli has been digesting food and multiplying for 20 minutes, they start producing certain proteins. According to the scientists, it's no coincidence that this is the same time frame it takes for someone to start feeling full after a meal.

When the French researchers injected small doses of the bacterial proteins released once

the bacteria had begun eating, the animals would eat less, regardless of whether they were hungry or well fed. Those proteins also stimulated the release of two kinds of peptides: one that suppresses appetite, and another that prompts the body to produce insulin.

"Our study shows that bacterial proteins from E. coli can be involved in the same molecular pathways that are used by the body to signal satiety," Fetissov sums up, "and now we need to know how an altered gut microbiome can affect this physiology."



Turns out we do eat with our stomachs, not our brains. iStock

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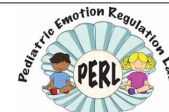
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Giants need to take control

An NFC East crown is still doable but New York needs to find some semblance of consistency.

TONY WILLIAMS
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The Giants had a chance to drive a stake into the Washington Redskins — and likely the rest of the division — but let them off the hook.

It's a recurring theme for Big Blue, as they once again find themselves in a divisional dogfight, despite showing time and time again that they are the best team in the division, when they want to be.

There's something fundamentally missing with this team, as they've displayed an ability to stay with teams like the Patriots, Falcons and a healthy and complete Cowboys team, yet find ways to squander all of those opportunities. Perhaps it's a lack of respect for the game, a tuning out of their coaches' heeds, or taking lesser opponents lightly. Whatever it is, it certainly has



Rashad Jennings and the Giants will look to get back on track this weekend against the Jets. GETTY IMAGES

to change, or there will be wholesale changes within the front office, coaching staff, and roster.

Wideout Dwayne Harris hinted that perhaps the team didn't regard head coach Tom Coughlin's words when asked about the sluggish start for a team that doesn't have the equity to throw away quarters

and games.

Harris admitted that Big Blue "wasn't ready to play ... [and] probably took [Washington] for granted."

New York (5-6) entered Washington winners of five-straight games in this series, including a dominating 32-21 victory earlier this season, so being overconfident

could be excused — but only for a franchise that has been a consistent winner. The fact that the Giants haven't been the model of consistency this season and have missed the playoffs the past four years, makes the thought of that team coming out flat and overconfident seem ludicrous.

Cornerback Prince

Amukamara lamented the team's lack of effort until the team was down 20-0 in the fourth quarter, but spun the fact that the division is so pitiful, that Big Blue's aspirations aren't dashed just yet.

"We're disappointed in ourselves, but we're not discouraged," said Amukamara. "Our goal of winning the NFC East is

still achievable."

Eli Manning echoed those thoughts, adding the mistakes they made weren't necessarily a sign that voices have been tuned out, but rather a lack of execution and maybe some slippage in fundamentals.

"We didn't have our best performance [and] I wish we played better. But I thought our effort was there. I thought desire was there. We just have to be better with the execution," Manning said, adding that the playoffs are still a goal and "it's still right there."

Both Amukamara and Manning are right to assess that their dreams aren't totally dashed, but with Washington currently holding the tie-breaker, the Giants will need to finish ahead of them in the sad-sack NFC East — a faction so irrelevant that even the Cowboys (3-8) remain in the hunt.

"We're still OK. This one's on us [the players]," said Harris. "It was one of those games where it was a playoff game and we didn't play the way we're capable of playing. ... The way we played was definitely not a showing of what we can do."

NBA power rankings | by James Toscano

No. 1



Warriors
(18-0)

The Warriors got their first big taste of "next man up" with Harrison Barnes missing time with an ankle injury. Brandon Rush slid into the starting lineup and scored 16 points. As you can guess — the Warriors won, again.

No. 2

Cavaliers
(13-4)

LeBron James is officially holding this team to the highest standards ... ever. LeBron and the Cavs lead the Eastern Conference with a 13-4 record, but he still felt the need to call a players-only meeting to discuss the team's effort.

No. 3

Spurs
(14-3)

Last week we mentioned how Tim Duncan failed to grab a rebound in a game for the first time in his career. So now we're obligated to tell you he grabbed 18 boards against the Hawks on Saturday. Yup, Timmy can still play.

No. 4

Heat
(10-5)

The Heat can make a case for having the league's best defense this season. They lead the league in opponent field goal percentage at 40.3 percent and allow 91.7 points per game — second to the Spurs.

No. 5

Thunder
(11-6)

Kevin Durant returned three games ago and the Thunder won by 22, 11 and 16, respectively. That's not a coincidence, folks. With Durant on the floor, the Thunder can beat anybody, anywhere.

No. 6

Hawks
(9-6)

The Hawks haven't won two in a row since Nov. 7, and just got smoked in San Antonio by 20 points. It won't be easy this week with games against the Thunder and Raptors — but these are the teams they'll need to beat.

No. 7

Pacers
(11-5)

The Pacers didn't let Kobe Bryant's retirement announcement — shortly before a matchup against L.A. — affect them as they were able to take care of business. They're 11-2 now since beginning the season 0-3.

No. 8

Mavs
(10-7)

Rick Carlisle recently said Rajon Rondo will be a max player next year. You can bet the Mavs won't be making any offers. Who should the Dallas fans dislike more: Rondo or DeAndre Jordan?

No. 9

Raptors
(11-7)

A loss on the road to Phoenix wipes out an impressive four-game win streak over legit teams like the Clippers, Cavaliers and Wizards. Next up for Toronto is a huge one in Atlanta against the Hawks.

No. 10

Bulls
(9-8)

The Bulls are dealing with a few nagging injuries to their role players, but nine of their next 10 games at home should help matters. Something to keep an eye on: Derrick Rose has been logging 30-plus minutes on the regular.

No. 11

Clippers
(9-8)

With a win over the Timberwolves on Sunday, the Clippers won consecutive games for the first time since starting the season 4-0. There's still plenty of time for them to fool us into thinking they're legit this season.



Philly's Evgeny Medvedev crashes up against the Rangers' Jesper Fast last Saturday at Madison Square Garden. GETTY IMAGES

Rangers stumbling after early success

New York's record is still sparkling but it is not playing championship hockey at the moment.

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The New York Rangers have hit their first rut of the 2015-16 season.

And it caused head coach Alain Vigneault to publicly challenge his team.

"We all need to man up," said Vigneault following the Rangers' soporific 3-0 loss to the Flyers last Saturday at the Garden. The Rangers had dropped three straight, and began a stretch of three games in four days Monday against Carolina.

"I need to get this group to play better and I am very confident that this group knows the right way to play. I am very confident that we

have the right leadership in that dressing room. I am very confident that they know we can execute and play a lot better than we are right now."

Against a Flyers team that owns a 9-10-5 record and is ranked 30th in the NHL in total goals scored with 44, the Rangers only generated 24 shots on goal and attempted just 52 shots.

"During every season, individually and collectively, you are challenged mentally, sometimes through your play and sometimes through the demands of the schedule. I feel that this group knows how to respond. Obviously it would be hard to tell by the way we are playing now, but I know they're a very strong group," Vigneault said. "My only concern is to find the areas that this group needs to be better, find ways to make our players understand that. That's what coaches do: We try to improve areas

that need improving and try to continue the right things you're doing. Now there is obviously room for improvement in a few categories."

Offensive production would be as good a place as any to start. In the three regulation losses to Montreal, Boston and Philadelphia — all conference rivals — the Rangers scored four goals in 180 minutes.

When pressed about his thoughts on his team's play as a collective, Vigneault acknowledged the Rangers had not been as crisp as their 16-6-2 record would otherwise indicate.

"For some part of some games we haven't been as good as we can be," Vigneault said. "We've probably gotten some of those wins because of extraordinary goaltending. I thought we had another extraordinary goaltending performance."

Reserve goaltender Antti Raanta made 31 saves against the Flyers Saturday. "But the rest

of our game was absent. So we all learn lessons as individuals and teams. I think we got one and hopefully we'll be good [against Carolina]."

BRIEFS

The Mets are interested in bringing in free agent Ben Zobrist, who spent last season with Oakland and Kansas City, according to an ESPN report. The hangup would be the amount of years, however, as the 34-year-old is seeking a four-year deal. Zobrist would likely be used as a second baseman for the Mets but could spell David Wright at third.



Ben Zobrist GETTY IMAGES

Jets cornerback Darrelle Revis is still in concussion protocol and has only made "slight progress," according to an ESPN report. The Jets are banged up in the

secondary as cornerback Marcus Williams is dealing with a sprained MCL. The Jets face the Giants this Sunday.

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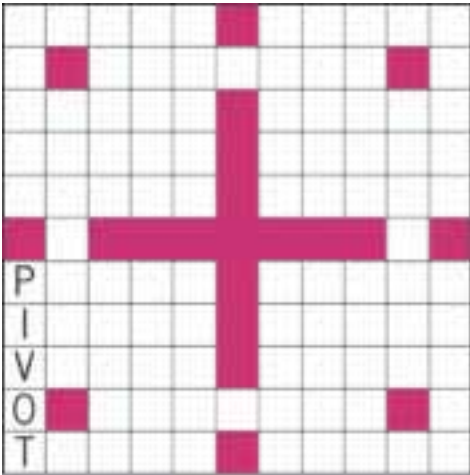
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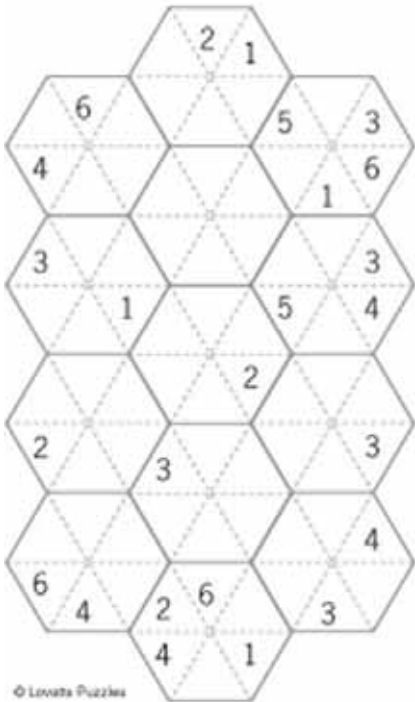
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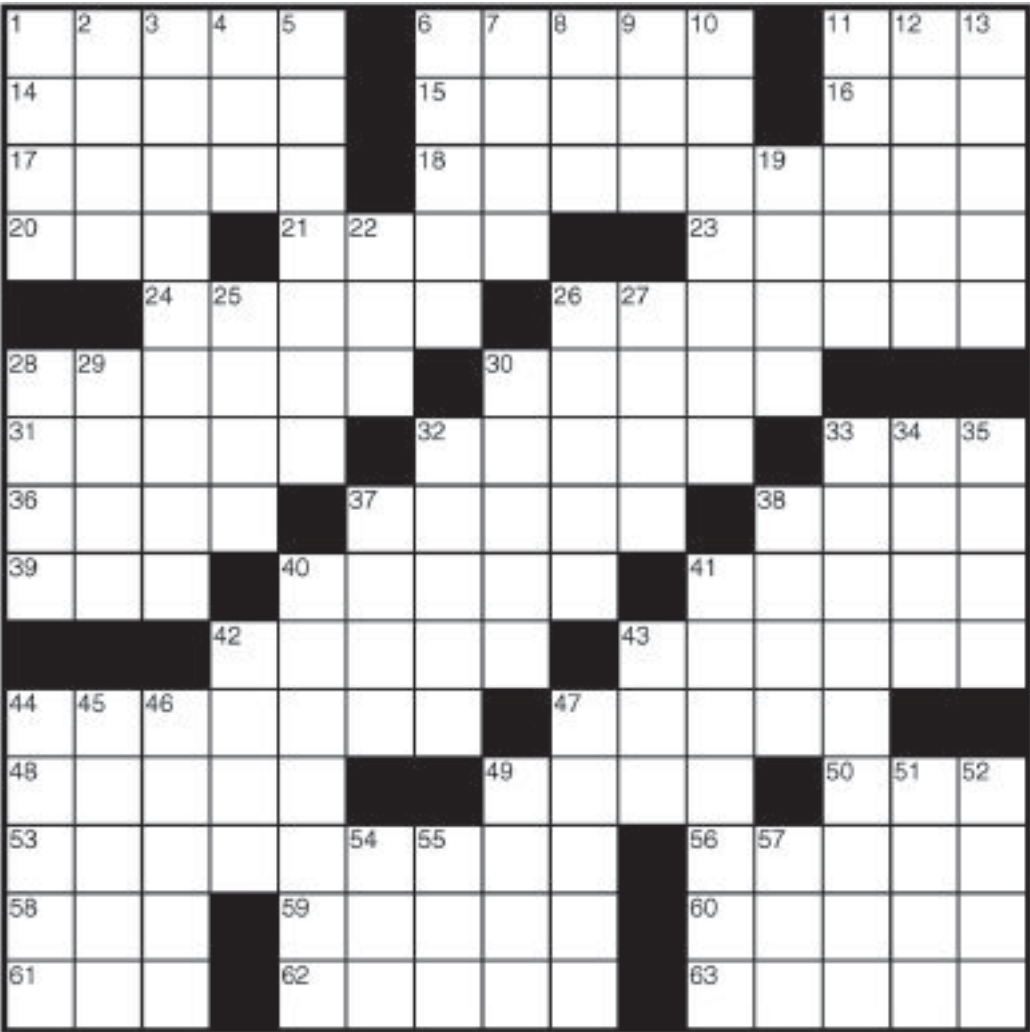


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- Across**
 - 1 Attic end
 - 6 Thorny stem
 - 11 Earth, in combos
 - 14 Artist — Neiman
 - 15 Shocking
 - 16 Wheel buy (2 wds.)
 - 17 In a foul mood
 - 18 Holds firm (2 wds.)
 - 20 Salaam
 - 21 Nessie's hideout
 - 23 Gray-barked tree
 - 24 More than wants
 - 26 Clergy
 - 28 Fly
 - 30 Blackens a steak
 - 31 Layers
 - 32 Not spicy
 - 33 Pond maker
 - 36 Cookbook qty.
 - 37 Investment return
 - 38 Obi-Wan, for one
 - 39 So far
 - 40 Hawks
 - 41 Half of Mr. Spock
 - 42 Does origami
 - 43 Japanese mat
 - 44 Caesar's books
 - 47 Edmonton puckster
 - 48 Storm warning
 - 49 Coup d'—
 - 50 IRS form expert
 - 53 Lose heavily (3 wds.)
 - 56 Musician — Hayes
 - 58 Sooner than anon
 - 59 Fierce look
 - 60 — Dame
 - 61 Cloudy region
 - 62 Early anesthetic
 - 63 Ballpark figure
- 2 Prefix for dynamic
 - 3 Huskiest
 - 4 Destiny
 - 5 Grommets
 - 6 Autumn pears
 - 7 Baby —
 - 8 Make — — double
 - 9 Son of Val and Aleta
 - 10 Cardinal
 - 11 Regards with awe
 - 12 Pass legislation
 - 13 Vows
 - 19 Gets the drift
 - 22 Byron work
 - 25 Tombstone deputy
 - 26 Bell tower sounds
 - 27 Writer Ayn —
 - 28 LL.D. holder
 - 29 Intuition
 - 30 Iditarod runners
 - 32 Wraps tightly
 - 33 Draw boundaries
 - 34 Economist — Smith
 - 35 Revealing dress
 - 37 Bellow
 - 38 Rope fiber
 - 40 120 or 240
 - 41 Hesitant, as speech
 - 42 Golfer's shout
 - 43 — Maria
 - 44 Gluts
 - 45 Explorers Lewis and —
 - 46 Type in again
 - 47 Last box to check
 - 49 Raison d' —
 - 51 Duffers' goals
 - 52 Poker pair
 - 54 Diner sandwich
 - 55 Murmur of content
 - 57 Worthless coin

- Down**
 - 1 Honey-tongued

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- Leo** Your approach to emotional matters will impress someone who can influence your position. A practical outlook will help you.
- Virgo** Problems will surface if you deal with institutions. Put off meetings until you are positive you can make a good impression.
- Libra** Do your best to improve your life, relationships and prospects. Your ability to see situations clearly will help you find balance.
- Scorpio** Your mental agility and desire to do things differently will encourage creative endeavors. Take measures that will ensure positive change.
- Sagittarius** You may crave excitement and adventure, but traveling or getting involved in a debate will turn out to be more than you bargained for.
- Capricorn** Added responsibilities regarding the elderly or ill can be expected. Balance your time wisely and include someone you love.
- Aquarius** Tension will cause confrontations with someone you have to deal with daily. Use communication and get to the root of the problem.
- Pisces** A one-sided relationship will set you back emotionally and financially. Don't share information or let anyone put demands on you. **EUGENIA LAST**

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easy

		8		7		3		6
						5	1	
3				4	1		2	8
	9		6	1				
5								4
				5	8		7	
9	1		8	6				7
	2	6						
4		7		9		8		

hard

		7	2	4		9		
6				5			7	
	8		7				3	1
							5	4
7		9				1		6
1	5							
4	7				9		1	
	6			7				9
		2		1	4	5		

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**How Much Do You Really Know
About Climate Change?**

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